

SELF LESS

CHRISTOPHER ROSE

Selfless

By Christopher Liam Rose

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Chapter 1

Introduction

Chapter 1 - Introduction

There is a hidden reason why I am chosen to write this spiritual book right now. At the moment, we are going through the most challenging time possible. Jobs are being lost, people are passing away, relationships are breaking up or ending in divorce, kids are not being shown how to behave or become a success. I ask, what is going on? I don't have the answer to this great question, but this book is a different book for people who want to serve others.

If you are someone that does not want to serve others, don't read this book, as it won't help you. This spiritual book is for the people who serve others or are helping other people.

We can choose to be average and do just what everyone is doing, like drinking alcohol, smoking weed, having many kids, buying houses and cars, and chasing money, or we can be different and focus on more important things.

You cannot be selfish when helping other people, this is impossible. If you only think of your cars, houses, money, or any other selfish desires, you will never be able to make the impact and difference you need to make.

If you want to help other people, you need to be selfless. This is not one of those fast-paced books that solely talks about success, money, prosperity, happiness, joy, or achievement. If you want to read those types of books, then please go ahead but that is not what I am talking about here.

Now, I want to do something for the reader that will change their life at the very beginning of this powerful spiritual book.

I could easily read books about money, houses, cars, holidays, and stuff like that, but I chose not to for many spiritual reasons because (reader, I hope you learn that it has no meaning, value, or a difference to it.

There are many big talkers and successful people that talk about millions, billions, and how you are going to be rich and successful in your life. No, don't

be confused with all these flashy talks about successful people, it is wrong.

Dear readers of this amazing spiritual book, it not about your success or money, it is about helping other people and giving back selflessly.

Many people everywhere say things like “wow my success, money, houses, cars, kids, spouse, boyfriend or girlfriend, o yeah my holiday”. No, all these don’t make a difference to people and never impact anyone but yourself.

You see, not been selfish when helping other people is by far the biggest secret that I can share with you because most people like thinking about themselves only.

Helping other people is an honour and as far as I am concern, it matters. But this spiritual book is about being different and helping other people selflessly.

In this book, I will share my personal life story and also why you need to be selfless to serve people and have a massive major impact on people’s lives.

Chapter 2

Christopher Liam Rose Story- How I Became Selfless

and Help Many
People

Chapter 2 - Christopher Liam Rose Story- How I Became Selfless and Help Many People

Now, I am going to share my real true story for one reason, to inspire you.

My story began in 2014 when I lost my home and all of my possessions in a fire. I watched all of the things I had in my life burn away, which is the biggest horror of all. I started to live homeless in an area called Marble Arch in the west end of London, sleeping on cardboard boxes in the middle of the streets with other homeless people. This was a very challenging experience I had to deal with, but sometimes, you will go through things that make you stronger or break you down and you will be unable to do anything important. So now the question is how did I become selfless and help many people?

I have a mental health condition called schizophrenia, psychosis, depression and was hospitalized in Springfield Hospital due to my mental health condition. At this point, I will be honest and you can judge me for this, I was only thinking about myself. Me, me, and me - I am homeless, I am mentally ill, and I have nothing in my life other than my problems and suffering. How did I change from being homeless, mentally ill, depressive, unhappy, unfulfilled, with nothing in my life but personal problems?

This is the secret to my mental health career in the mental health industry and helping hundreds & thousands of people with mental health problems and beyond.

As I write this, pay very close attention to my words. While I was in Springfield Hospital suffering from mental health problems plus being homeless with nothing in my life, I met people two people who became very special to me and by far my biggest inspiration. The first person I met was Paul Dorrington; he is a Lead Employment Specialist that helps people with mental health problems find

employment. Paul first met me in Springfield Hospital when my life was in misery and chaos and there was nothing, I could do about it but feel depressive and unhappy. Paul was the first person to help me get back on my feet to do all the things I wanted to do for people and got me back into the employment environment. Paul enlightened me on mental health, spirituality, God, faith, learning, education, fulfilment, personal satisfaction, and more. Paul is the main reason I help other people because he helped me many years ago when I had nothing when I was nobody and a huge failure, and I was at rock bottom. But there is more- much more, Paul helped me to get psychological counselling therapy and I met my second special person, a Counsellor/Clinical Psychologist named Karen Meechan. Karen helped me to deal with all the negative things of my life and all the pain & suffering I felt towards myself and my family.

Paul and Karen are my heroes, and inspiration to me. Paul and Karen have helped more people than I have and they are both the only people that

understand me or the work I do in helping other people.

Now, see if you can spot the spirituality in this writing because this will change your life forever. So how did I become selfless in a world where everyone is selfish?

The moment I met Paul and Karen, my life changed in ways I could only imagine. My career in mental health is because of Paul & Karen. I would never be helping other people in mental health if it wasn't for Paul and Karen. I started my mental health career as a Co-Facilitator, helping people in a hearing voices group with people who had mental health problems like schizophrenia, psychosis, depression, bipolar disorder, EUPD, PTSD, Depressive Disorder plus other mental health conditions. Now, see the spiritual fulfilment, one job in mental health can change your whole life just like it did for me, but this is my secret readers. I will share my full career because I want you to see the impact and difference, I made in the mental health industry:

- Co-Facilitator
- Support Worker

- Support Worker
- Casual Worker
- Peer Support Worker
- Mental Health Recovery Worker
- Bank Support Worker
- Senior Recovery Worker

Volunteering Jobs:

- Mentor
- Phoenix Recovery Volunteer
- Speaker

I am sure you see how fulfilling and rewarding helping other people has been for me.

The question is how did I become selfless? Like I mentioned in the introduction of this spiritual book, people are a selfish human being who chase after cars, houses, money, kids, spouse, boyfriend, girlfriend, and holidays. This is how everyone is, no matter how much you think about it. You will be even more shocked when you find out that people are so selfish and ignorant in your career.

So, this is how I became truly selfless and achieved my career, money, houses, foods, drinks,

holidays, and spiritual experiences. I will tell you now, this will change your life; turn you into a truly selfless person with no real selfish ambitions or selfish desires.

As I write this powerful spiritual book, many people will not lose or sacrifice anything. You can ask the most successful or prosperous people, and you will observe three key things they have in common. They have lost, suffered, and sacrificed.

Selflessness comes by understanding the No Self - Faith - Spirituality because you can not become selfless without spirituality. Because I loss so much and went through so much pain & suffering, Jesus Christ & God helped me to become selfless because going through homelessness gave me a true passion & desire to help other people & give back because I don't want anyone to go through what I went through. I became selfless by losing, suffering, sacrificing and this is the true spiritual change I went through in my daily living which change me completely. Sometimes going through severe suffering & pain can help transform you into a spiritual person and faithful person. As I was going

through homelessness & mental health difficulties, I realise that I need to change my whole life to help other people & give back. With the help & support of Paul Dorrington & Dr Karen Meechan I was able to overcome “The Self” and discover the “No Self”.

No Self is a spiritual change where there no more self and your whole life is focus on helping other people & giving back.

You see, in my life, I was not always selfless or even helping people. I was homeless, mentally ill, depressed, at rock bottom, with nothing.

When you become selfless, it will change your whole future and life completely. Everything becomes more fulfilling than ever, but as you can see through my story, it is never been about me or my career or even my money.

Being selfless is greater than money, houses, cars, possessions, or holidays. For me, it is about helping other people and serving people. Selflessly helping other people creates true spiritual fulfilment.

I hope you can understand that being selfless and different will help you achieve true success and riches.

There are millions of people who desire the success and riches that I have, but many people will never achieve it. It is not because they do not work hard, because many people work hard. It is not because they are not successful, because some people are. It is because they never become selfless and made a difference in people's lives.

If you don't think about material possessions and money, you will be able to achieve what I have achieved and more. This is the message of my life that inspires and motivates me- being selfless and helping people.

I hope you have learned from my story. The next chapter is '*Helping Other People Is Not About You*'.

Chapter 3

Helping Other People Is Not About You

Chapter 3 - Helping Other People Is Not About You

This part of the book is where it gets very interesting and real for you. You need to understand a simple fact about helping other people, and once you understand this fact, you can go on to have a career, job, business, or volunteering of your dreams and more.

Helping Other People has never been about you and it will never be.

Of course, you must be the one who helps other people in your life, but the truth is that it is not about you, it is about the clients you serve.

Helping other people is called the caring helpful profession for a reason because we must help and care for our clients that we serve and look after in our job, career, business, or volunteering. The focus of the work we do for others has been about how best we can help support our clients in what they are

going through and what is happening in their lives. The clients you serve will have different problems that you must help and support them with. For example, mental health, learning difficulties, physical health problems, and more just to name a few.

To become a selfless person, you must care for the needs and welfare of others before your own, which is a very difficult thing to do but that is what being selfless means.

Being Selfless means, you have the mindset of caring & support clients who have serious major concerns within their lives and you want to make a difference in people lives.

Here is the definition of being selfless which will help you to understand what I am saying:

Selfless: concerned more with the needs and wishes of others than with one's own; unselfish.

Once you understand that helping other people is not about you in any way, you will then become a selfless person who wants to make a difference in people's lives. Being selfless doesn't mean you don't

have personal dreams and desires, because every human being wants to achieve something in their life. It means that your mind has been renewed into thinking about others and how best you can support them.

Your dreams and desires will be linked to helping other people if you are truly selfless and that would mean that you become a truly selfless, compassionate, empathic and caring human being. Many people who have dreams and desires have selfish ambition and motivation. This has to do with their cars, houses, kids, wife or husband, and money. This is why these people will never be selfless because all they do is think about themselves and their lives.

As I write this book, the world is full of selfish, crazy, and stupid people who only chase after money, houses, cars, and how much great things they can acquire. This is true, and it is wrong. If you are selfish, it means you care about only your interests and do not even bother to care about another person. More people fool around but you

know what, they don't help other people or make a difference in people's lives.

To make a bigger difference in people's lives, you need to make sure you become selfless, and the secret is not to think about you. If you can understand this real spirituality thing, I assure you that it will change your life. This is why I am writing a book called selfless.

You have to be selfless to make a difference in people's lives. Most people are just like 'I, I, I' or should I say 'me, me, me', they are never making a difference in people's lives and don't serve others. Some people are indeed free from the delusions of everything that has to do with money, houses, cars, clothes, relationships, foods, drinks, and fun. Do not be confused with being selfless and helping other people because it not a joke or game to serve people.

What I say is the truth, now read and understand it. Let people joke, play games, fool around, and misbehave. This is how people will be, no matter what we say to them.

This is a world of people who chase material things, flashy cars, big houses, more money, better relationships, and of course more fun. Most people don't like helping other people. It is horrible to watch because it is the way of the world. The only way you can change from being a selfish person to a helpful compassionate good human being is by being a selfless person and forgetting about the money, houses, cars, and relationships.

Sometimes, it is a challenging thing to be selfless, but for some people, they just don't chase after money or houses, cars, or relationships. To be frank, they are just things, and it doesn't have a value for people or for helping other people.

The next chapter is *"Selflessly Helping Other People"*.

Chapter 4

Selflessly Helping Other People

Chapter 4 - Selflessly Helping Other People

This chapter of the book is all about helping other people selflessly and making a real difference in people's lives. People wonder how am I able to write and publish books, how can I have a home, why I am so young, how do I have a career, how do I have money. What people don't realise is that I am selflessly helping other people and making a real difference. So, people say, "Young guy you got all the materialistic stuff and you look so young". It is not about my age; it is not that important. It is about serving and helping other people selflessly.

When you can help other people selflessly and not think about yourself, you will achieve greatness and significance that beats any money, houses, cars, or fun. The hard thing to see is that people don't serve other people selflessly, their problems and pain are linked to the work they do. So, they find it so challenging and difficult to serve people because of their problems and self-belief.

Most people want to help other people selflessly, but cannot do due to their suffering, hurts, and pains. This is why most people struggle to manage their careers or a job because their problems always make them feel so negative and depressed. I am not saying that it is easy to selflessly help other people, because it is not, but we have to try our very best to not let the selfish ambitions or problems get involved in the work we do for people.

As I have been working in the mental health industry for six years now, I have seen a lot of things and have been involved in many people's lives. But the one thing I see in all the people I helped and all the mental health team I have been involved in is this, they think about themselves all the time.

Client can not help to keep thinking about themselves and their life problems which is the main core reason why people are suffering so much within the world today. What we can do is selflessly help other people & give back.

There is something about helping other people & giving back that makes you become selfless, kind,

caring, compassionate, empathic to clients & human being.

It is not a good thing for humanity to suffer and that why it is important to selflessly help other people & give back.

It gets deeper now, people who are even in the helping other people vocation or profession think about themselves, this why they finish work early, run to their kids, never want to work longer hours because they think about themselves and how work is affecting their lives.

It is not that hard to find a selfish person in life. They are everywhere and all around us, this is why must not be one of them.

Helping other people selflessly is all about the heart, feeling, emotions, and being connected with the people you serve. Instead of thinking about yourself, you need to be thinking about the people you serve more, which could mean not having breakfast, lunch, or dinner. It could be working a few extra hours at work. It could be to take care of a client who is very depressed and unhappy. This is

how you become a person who is selflessly helping other people, when you think about others more than yourself and focus on helping them succeed and achieve more in their lives.

Most people don't consciously think about others, this is why they are so full of themselves.

Selflessly helping other people is a fulfilling and rewarding thing to do, and you will make a huge difference in people's lives when you are selfless.

What does Selflessly Helping Other People give you?

- Money
- House
- Cars
- Motorbikes
- Fulfilment
- Success
- Prosperity
- Happiness
- Joy
- Relationships
- Family

- Kids

The list can go on and on, but it provides so many things that people would never understand, being selfless and helping other people.

Selflessly Helping Other People has 4 Levels to it

- 1) Level 1 - Volunteering (Good Level in Helping Other People)
- 2) Level 2 - Employment /Careers/Jobs (Great Level in Helping Other People)
- 3) Level 3 - Business/Entrepreneurship (Highest Level in Helping Other People)
- 4) Level 4 - Faith/Spiritual (Spiritual Level in Helping Other People)

If you want to make the ultimate difference in selflessly helping other people & giving back you need to do all 4 levels of helping other people. This is the only way you can become truly spiritual faithful truly selfless.

Selflessly helping other people is the spiritual contributions you make towards helping other people. The 4 Levels of helping other people is how you live your spiritual legacy and make a massive

impact to hundreds, thousands, millions, billions of people live.

Please remember being selfless is the key to spiritual fruits in helping other people

Jesus Christ & God want you to contribute to others

Chapter 5

Conclusion

Chapter 5 - Conclusion

The purpose of this book is to help people who want to help others and give back in the world, but not in a way that people would like. Most people would not become selfless because of their life problems, suffering, hurt, pains, or difficulties except for a chosen few people who want to serve people and help other people.

BE SELFLESS – SELFLESSLY HELP OTHER PEOPLE

Selfless people are people who have suffered, gone through serious pains, losing so much in their lives, had many hurtful experiences, but don't let their problems destroy their lives because they are people who want to serve others and give back.

For people who want to serve others, I will say this – *never chase money, houses, cars, foods, drinks, and relationships because it would not make a difference in your life when you are selfless.*

What do selfless people chase and think about more than anything else?

- God
- Life
- Spirituality

- Faith
- Helping other people
- Serving hundreds, thousands, millions, billions of people

Being selfless is a true life of what I call “Spirituality”.

In being selfless, it is not about what you want in your life, it is about what you can do for others and how you help people. So many people want to have all the things in life because they believe it will make them happy and joyful, but the truth is it doesn't. Not wanting anything is a spiritual practice and links you to God. It is okay to have good desires and ambitions in your life for things you want to achieve, but it is much better to become selfless and not want anything in return for the work you do for others. If you don't become selfless, you will not make a true difference or contribution to people's lives. Most people can never be selfless because all they do is think about themselves and their selfish life.

When you are helping other people and giving back, it is so important to be humble and caring towards people. Being humble and kind are always

wonderful successful qualities to have when you become a selfless person.

True Selflessness is going to involved all of these things:

- Helping yourself first
- Helping your family and friends
- Helping your clients, patients, customers, service user,
- Helping people everywhere (humanity)
- Helping people who help other people

Only a spiritual humble person can help all of these people within their life and reach a true level of success, prosperity, spiritual fulfilment, riches.

The best way to become selfless is to follow all of the processes that I listed above because you will learn more about helping other people and giving back by helping and serving people.

Once you have achieved the greatness of helping other people, you should think about the difference and impact you can make to others.

This is what you need to do when you become selfless:

- Books
- Ebooks
- Audiobooks
- Messages
- Podcast
- Videos
- Public speaking/motivational speaking
- Giving/sharing

When you reach this level, you become a true inspiration to others and your life will have the ultimate meaning and purpose. Most people cannot reach this level because they don't help others

Selflessness is always linked to spirituality because you must become a different (spiritual) human being to contribute and help hundreds, thousands, millions, and billions of people in life. You have to change your whole life completely to become spiritual because if you don't change your life, you will just be average and not make any difference in contributing to others, which is a bad thing.

I hope this purposeful book has served you well, and make sure you make a difference and impact on other people's lives.

I would like to thank Paul Dorrington and Karen Meechan for all the help and support they have given to me to be able to write this powerful book. I would also like to thank the good Samaritans and volunteers who always listen to me when I call.

Thanks for reading my books

Christopher Rose (C. Rose).

Chapter 6

Thank You

Chapter 6 - Thank You

I would like to say thank you to Paul Dorrington (Lead Employment Specialist), Karen Meechan (Clinical Psychology), Dag Heward Mills (Pastor, Evangelist, Teacher), Jiddu Krishnamurti (Philosopher, Spiritual Teacher), Jesus Christ & God for helping to write this amazing book and for helping me to overcome my adversity & suffering.

Paul Dorrington (Lead Employment Specialist) – Paul Dorrington helped and supported me when I was 24 – 25 years from homelessness and mental health crisis to get back into Paid Employment in the Mental Health Industry. Paul Dorrington is my Spiritual Hero and I value and respect all of the support and help Paul Dorrington has given me through my years. Christopher Liam Rose & Paul Dorrington's professional relationship

has been for 10 years since 2014 – Present. Christopher Liam Rose owes his whole life to Paul Dorrington for showing him mental health recovery and hope, faith, control, and opportunity. Christopher Liam Rose has now worked with Paul Dorrington as an Employment Specialist in SWLSTG at North Kingston Team but will slowly be moving on to a Peer Support Coordinator role at SWLSTG (Sutton Jubilee Health Centre). Christopher Liam Rose's dream was to work with Paul Dorrington in mental health recovery and IPS Employment Specialist Support. Since Christopher Liam Rose has worked with Paul Dorrington in SWLSTG as an Employment Specialist he has received 2 Awards for excellent IPS Employment Specialist work.

Karen Meechan (Clinical Psychologist) – Karen Meechan helped and supported Christopher Liam Rose in 2014 in Psychology and Counselling Therapy when Christopher Liam Rose went through homelessness and a mental health crisis. Karen Meechan is the main reason why Christopher Liam Rose has developed persistence, resilience, and coping strategies to manage his mental health

conditions and learning difficulties of Schizophrenia, Psychosis, Depression, Diabetes, and Dyslexia. Karen is my Spiritual Hero and has helped me to recover from my mental health conditions and learning difficulties. Karen taught Christopher Liam Rose about dealing with Past Trauma, setbacks, overcoming adversity, and life challenges. Karen was the first person that Christopher Liam Rose opened up about his past and trauma. On 30/09/2024 Christopher Liam Rose lost his home and all of his possessions in a fire that burned away everything that Christopher Liam Rose owned including possessions and music equipment. Karen helped Christopher Liam Rose deal with the fire and past trauma he experienced and showed him the light in helping other people and giving back. Karen told Christopher Liam Rose to write in journals to process his life, feelings, emotions, dreams, and desires. Christopher Liam Rose has been writing in journals since 2015 - Present and how many journals of his past life and experiences within the journals. Christopher Liam Rose & Karen Meechan's professional relationship was from 2014 - 2020 when Karen Meechan supported Christopher Liam Rose in

Psychological Therapy 2 times 1) Psychology & Counselling in 2014 2) Psychology & Counselling in 2018. Christopher Liam Rose has experienced serious life setbacks and challenges which Karen Meechan helped me to deal with. Because of Karen Meechan, I can live a normal life and I have recovered from mental health illness.

Dag Heward Mills (Teacher, Pastor, Evangelist) - Dag Heward Mills has been my spiritual Christian father and leader in my Christianity & Spirituality. I have been attending Dag Heward Mills church called Lighthouse Chapel International #LCI 2014 - present. Christopher Liam Rose respects and honours Dag Heward Mills for all of his teachings, sermons, videos, and audio that he has been learning from since 2014. Dag Heward Mills is one of the main reasons why Christopher Liam Rose has stayed in faith, Christianity, and Spirituality. I have become an Evangelist and Teacher in Christianity and Faith based on Dag Heward Mill's Teachings. I owe my Christian walk with God to Dag Heward Mills and I am very grateful to be a part of Dag Heward Mills church and congregation.

Jiddu Krishnamurti (Spiritual Teacher, Philosopher) – Jiddu Krishnamurti is a very special spiritual teacher and philosopher that helped me with Spirituality and faith. I discovered Jiddu Krishnamurti's Videos Series – A Wholly Different Way of Living with Dr Allan San Diego 1974 on YouTube when I was going through a mental health crisis and breaking up with my ex-partner. Because I watched Jiddu Krishnamurti videos talking about Spirituality, Meditation, Mindfulness, God, Faith, and Religion I started to become a Spiritual person and was practicing meditation and mindfulness. Jiddu Krishnamurti is the main reason why I have changed all of my life spiritually and become a very spiritual person. Jiddu Krishnamurti helped me to find Spirituality and God and I would have not been able to achieve Spiritually Freedom from the known without Jiddu Krishnamurti's teachings. I have a spiritual aura and spiritual presence because of the teachings of Jiddu Krishnamurti who is my spiritual teacher and spiritual philosopher.

Jesus Christ & God – This has become the most important thing in my life to learn and understand

Jesus Christ & God. My faith, Spirituality, and Christianity are very important to me, and being with Jesus Christ & God makes me Spiritual. Being a Christian and learning about Spirituality and Christianity has become everything to me and more. My love and devotion for Jesus Christ and God is everything and that is why I can be an Evangelist and Teacher in Faith, Spirituality, and Christianity.

My spiritual hero is very important to me in my life story and journey, and they are all the reasons why I have become a spiritual person.

I want you to understand dear readers that you can become spiritual and live a meaningful productive life. My life has been very difficult and challenging but I would change any of my life experiences because they made me who I am today. The only things I would change about my life are the things I did to hurt other people like --ex-partners, family, and childhood abuse.

My life is not perfect by any means, but I have learned very important life lessons that I want to share in my life story. Please remember readers I am only a human being, and I am not perfect but I want

you to feel inspired and hopeful about your future, and by reading my books you will find faith, Spirituality, and Christianity and become the person you want to be.

Christopher Liam Rose Books

- 1) Christopher Liam Rose's Life Story (Part 1)
- 2) Be What You Want to Be
- 3) The 15 Successful Habits
- 4) Selfless
- 5) Anointing
- 6) Life Purpose
- 7) Helping Other People
- 8) Giving Without Receiving
- 9) Fulfillment
- 10) Learn

11) It Is Not the Problems That Make You Who You Are, It Is the Person You Become That Make You Who You Are

12) The Evangelism Ministry

13) Learning Is a Part of Living

14) The Self Is the Problem

15) I Don't Want

16) No Self

17) Miracles

18) Christopher Liam Rose Journal 2015 - 2016

19) (Living With Jesus Christ & God) - Christopher Liam Rose Journal 2016 -2017

20) Losing, Sacrificing, Suffering

21) Observation

22) Christopher Liam Rose Testimony

23) SGR BOOKS - Christopher Liam Rose Music Discography

24) Christopher Liam Rose Journal 2018 -2019

25) Christopher Liam Rose's Life Story (Part 2)

- 26) Christopher Liam Rose's Life Story (Biography)
- 27) Imperfection To Perfection (Representation)
- 28) Christopher Liam Rose Journal 2019
- 29) SGR BOOKS – Christopher Liam Rose Music Discography (Instrumentals)
- 30) Losing Is Inevitable
- 31) Christopher Liam Rose's Life Story (Part 3)
- 32) 4 Levels of Helping Other People
- 33) 4 Levels of Helping Other People (Complete Version)
- 34) Overcoming Adversity – Life Challenges – Life Problems #OALCLP
- 35) How To Overcome Suffering #HTOS
- 36) Pay The Price #PTP
- 37) 5 Spiritual Practices #5SP
- 38) No Self Explained #NSE

Christopher Liam Rose Social Media Websites

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Twitter - <https://x.com/ChrisRose091188>

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<https://www.instagram.com/christopherliamrose/?hl=en>

LinkedIn

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<https://www.linkedin.com/in/christopherliamrose/>

Pinterest

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<https://www.pinterest.co.uk/christopherliamrose/>

TikTok

-

<https://www.tiktok.com/@christopherliamrose>

Follow Christopher Liam Rose's Music on Social Media

Spotify

-

<https://open.spotify.com/artist/4DCTGknEGFngM7IJNlJODN?si=UOZ57GmdQki4hZ-xFdIsDg>

Apple

Music

-

<https://music.apple.com/us/artist/christopher-liam-rose/1561501380>

Amazon

Music

-

<https://music.amazon.co.uk/artists/B091NQRNNS/christopher-liam-rose>

Soundcloud

-

<https://soundcloud.com/christopherliamrose>

Soundclick

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<https://www.soundclick.com/christopherliamrose>

ReverbNation

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<https://www.reverbNation.com/christopherliamrose>

Follow Christopher Liam Rose on Podcasts

Christopher Liam Rose Ministries -
<https://christopherliamroseministries.buzzsprout.com>

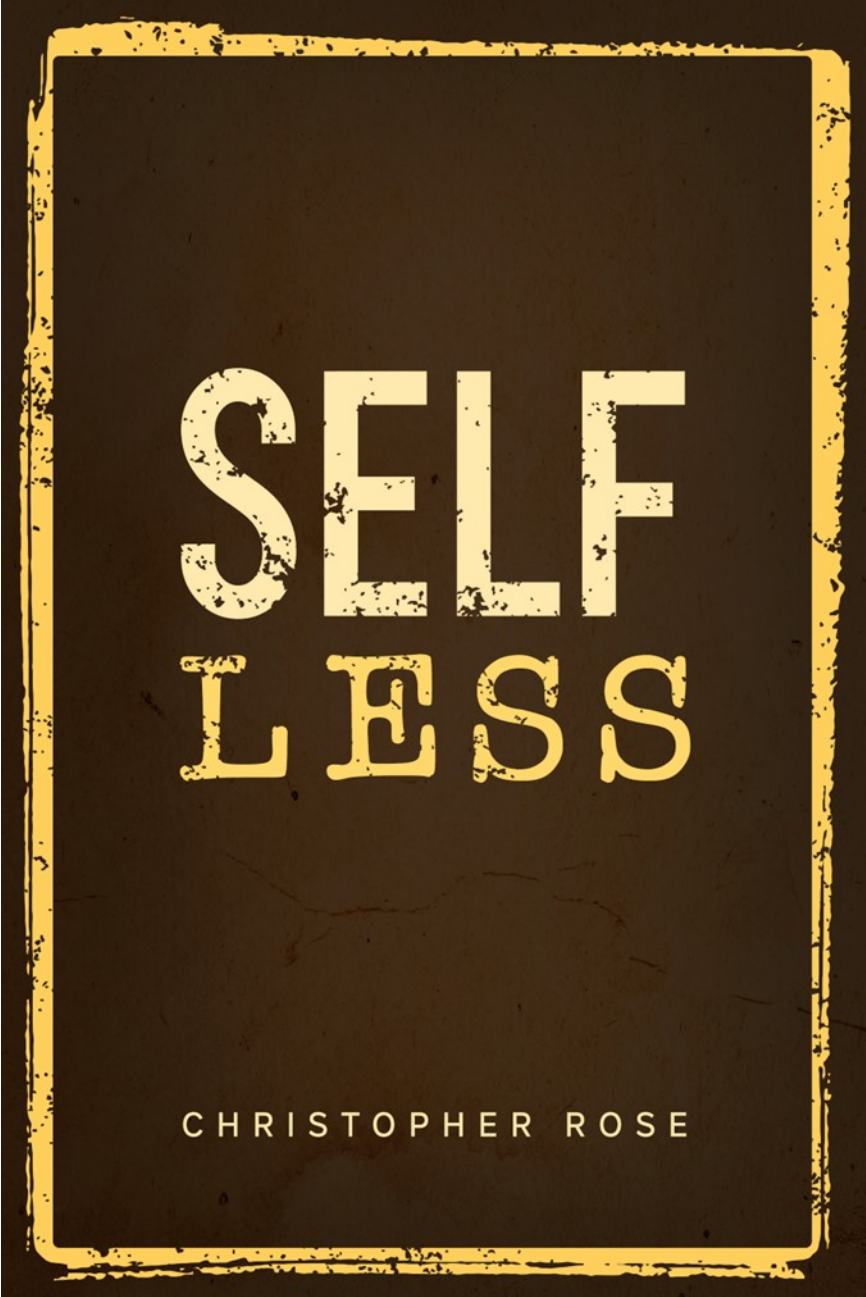
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Spiritually Helping Other People -
<https://spirituallyhelpingotherpeople.buzzsprout.com>

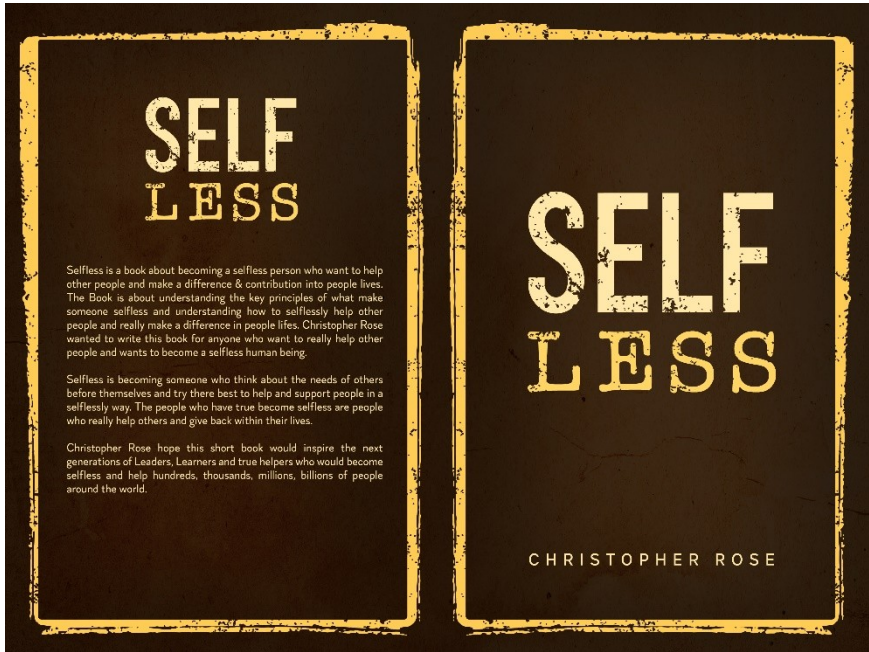
Christopher Liam Rose Websites:

Christopher Liam Rose Music -
<https://christopherliamrosemusic.com/>

Christopher Liam Rose Journal -
<http://christopherliamrosejournal.com/>









Selfless

Selflessly Helping Other People & Giving Back

4 Levels of Helping Other People

1. Level 1 - Volunteering
(Good Level in Helping
Other People)
2. Level 2 -
Employment/Careers/Jobs
(Great Level in Helping
Other People)
3. Level 3 - Business
(Highest Level in Helping
Other People)
4. Level 4 - Faith &
Spiritual (Spiritual Level in
Helping Other People)

Selflessness

Helping Other People & Giving Back

Jesus Christ – God –
Buddha
Selfless
No Self

Selflessness

Living The No Self

Selfless

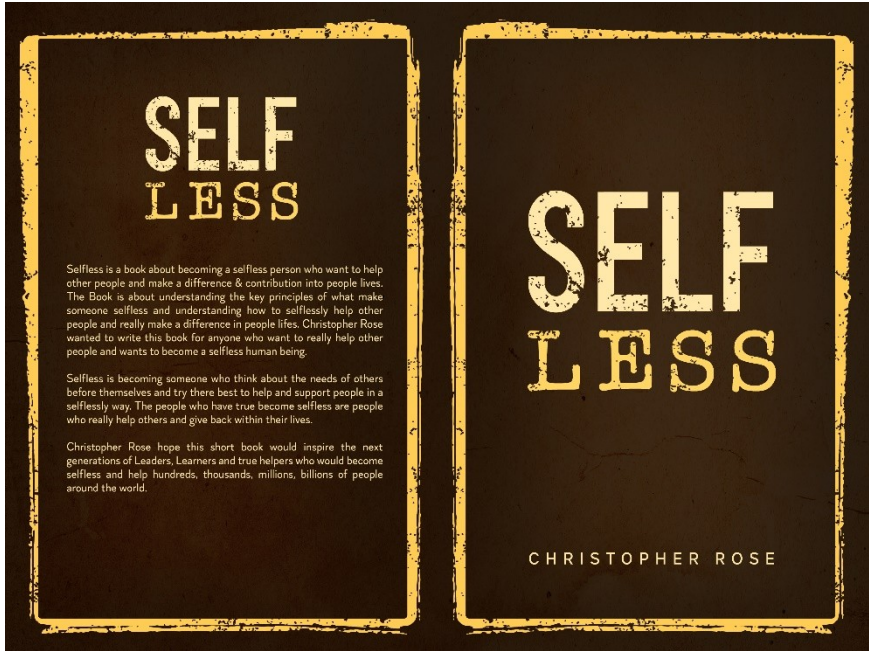
**Living Your Life for Jesus
Christ – God - Buddha**

SELF LESS

CHRISTOPHER ROSE







Selfless Your Spiritual Life Purpose

Selfless

Become Selfless & Live the No Self

Selflessness

Selfless

Selflessness

Selfless

Selfless

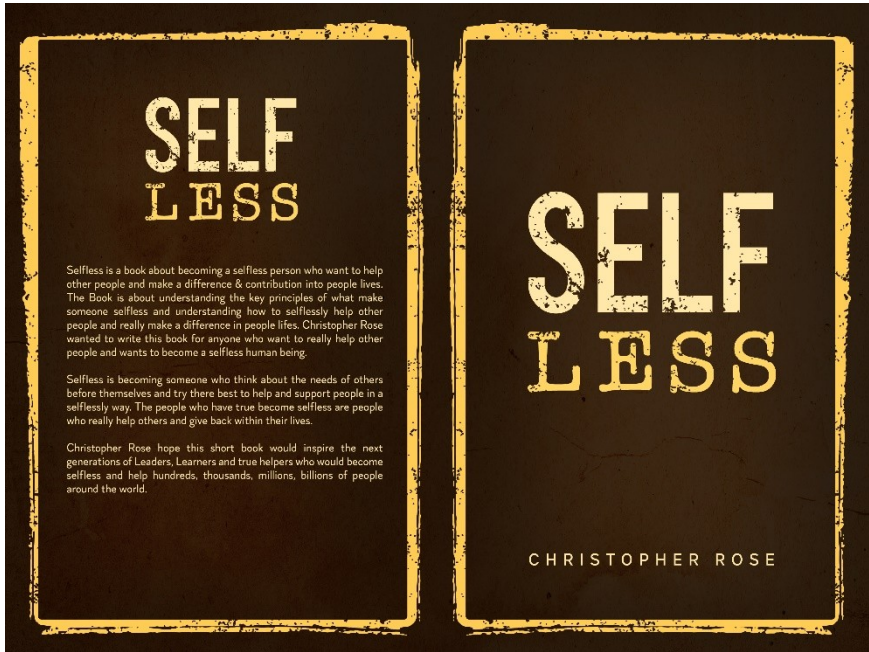
Living The No Self

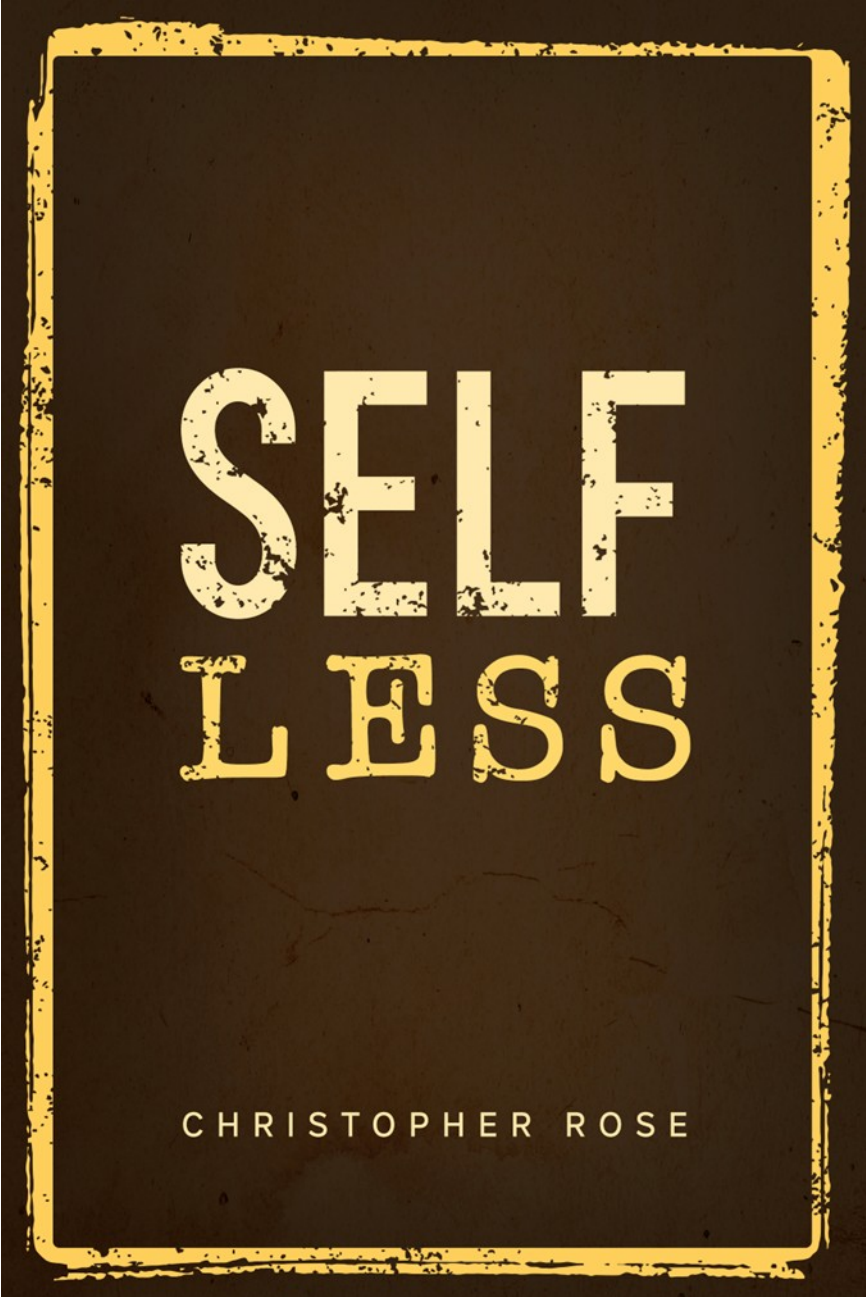
Selfless

Living your life to help
other people & give
back

Selfless
Selflessly Giving
towards Helping Other
People







Selflessness



SELF LESS

CHRISTOPHER ROSE



